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ABSTRACT

This book of activities is designed to supplement health lessons for students in grades 4-6. Some of the activities are quite simple and require very little instruction and direction, while others are more difficult and require careful explanation prior to completion. The level of difficulty of the activities is varied in order to create both simple and challenging instruction for students. The level of reading for some of the activities is a little more difficult due to the nature of the concepts that are being taught. Health promotion activities are provided under the following headings: physical fitness, personal hygiene, self-esteem, decision-making, drugs, alcohol, smoking, nutrition, cancer, dental health, heart health, safety, and environmental health. Activities include secret codes, crossword puzzles, word searches, true or false questions, sentence completion, and matching. Answer keys are provided for the exercises. Materials may be reproduced as needed. (LL)

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ED 365 628

OHIO DEPARTMENT OF HEALTH

HEALTH PROMOTION ACTIVITY BOOK

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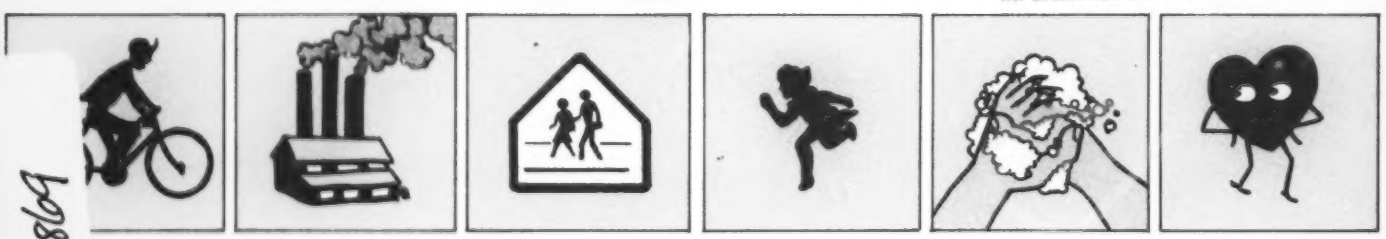

SB 348 B69

For Grades 4 - 6

BEST COPY AVAILABLE

HEALTH PROMOTION ACTIVITY BOOK FOR GRADES 4 - 6

For Further Information Contact:
Ohio Health Promotion Network
Ohio Department of Health
Division of Health Promotion
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P. O. Box 118
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Spring, 1988

Dear Teacher:

This activity book has been designed to supplement your health lessons on various health education topics. The book is not a substitute for instruction. Some of the activities are quite simple and require very little instruction and direction, while others are more difficult and require careful explanation prior to completion. The level of difficulty of the activities is varied in order to create both simple and challenging instruction for the students.

Many thanks go to Bob Fletcher, whose artistic talents have made this a very special book and Tommie Ruh, who was invaluable in typesetting this book. Thanks are extended to Mrs. Pearson's fourth grade class who participated in a pilot testing of the activity book.

I would also like to thank the following people for their contributions in putting this book together:

Ruth Biller
Kathy Boyle
Ellen Capwell
Dan Chatfield
Carol Gill
Darlene Kreiser
Margaret Lynn
Mike Rhonehouse
Virginia Stiver
Frank Underwood

The materials in this activity book may be reproduced as needed.

Sincerely,

Joyce L Hersh

Joyce Hersh
Division of Health Promotion
and Education

PHYSICAL FITNESS

Physical fitness means that your body is in the best condition for you. Doing different exercises can help you become physically fit. Physical fitness may lengthen your life and improve your health.

Use the secret code below to fill in the blanks and find out more about physical fitness.

1=A 2=B 3=C 4=D 5=E 6=F 7=G 8=H 9=I 10=J 11=K 12=L 13=M 14=N
15=O 16=P 17=R 18=S 19=T 20=U 21=V 22=W 23=X 24=Y

1. When you are physically fit, your body is in excellent

   $\overline{3}\ \overline{15}\ \overline{14}\ \overline{4}\ \overline{9}\ \overline{19}\ \overline{9}\ \overline{15}\ \overline{14}$.

2. You have good $\overline{6}\ \overline{12}\ \overline{5}\ \overline{23}\ \overline{9}\ \overline{2}\ \overline{9}\ \overline{12}\ \overline{9}\ \overline{19}\ \overline{24}$ when you are able to bend and move your body in different ways.

3. The term for fitness of the heart, blood vessels, and lungs is

   $\overline{3}\ \overline{1}\ \overline{17}\ \overline{4}\ \overline{9}\ \overline{15}\ \overline{17}\ \overline{5}\ \overline{18}\ \overline{16}\ \overline{9}\ \overline{17}\ \overline{1}\ \overline{19}\ \overline{15}\ \overline{17}\ \overline{24}$
   fitness.

4. Some type of $\overline{16}\ \overline{8}\ \overline{24}\ \overline{18}\ \overline{9}\ \overline{3}\ \overline{1}\ \overline{12}$

   $\overline{1}\ \overline{3}\ \overline{19}\ \overline{9}\ \overline{21}\ \overline{9}\ \overline{19}\ \overline{24}$ can often help reduce stress.

5. $\overline{13}\ \overline{20}\ \overline{18}\ \overline{3}\ \overline{20}\ \overline{12}\ \overline{1}\ \overline{17}\ \ \overline{18}\ \overline{19}\ \overline{17}\ \overline{5}\ \overline{14}\ \overline{7}\ \overline{19}\ \overline{8}$ is when your muscles help you lift, pull, and push.

6. Good physical fitness can help you $\overline{6}\ \overline{5}\ \overline{5}\ \overline{12}\ \ \overline{7}\ \overline{15}\ \overline{15}\ \overline{4}$
   about $\overline{24}\ \overline{15}\ \overline{20}\ \overline{17}\ \overline{18}\ \overline{5}\ \overline{12}\ \overline{6}$.

7. You have good $\overline{1}\ \overline{7}\ \overline{9}\ \overline{12}\ \overline{9}\ \overline{19}\ \overline{24}$ when your muscles work well together during movement.

8. Physical fitness slows the signs of $\overline{1}\ \overline{7}\ \overline{9}\ \overline{14}\ \overline{7}$.

9. Getting your muscles ready to do physical activity is known as

   $\overline{22}\ \overline{1}\ \overline{17}\ \overline{13}\ \overline{9}\ \overline{14}\ \overline{7}\ \ \overline{20}\ \overline{16}$.

10. After exercise, you need time. $\overline{3}\ \overline{15}\ \overline{15}\ \overline{12}\ \overline{9}\ \overline{14}\ \overline{7}\ \ \overline{4}\ \overline{15}\ \overline{22}\ \overline{14}$

Answers on Page 19

PERSONAL HYGIENE

Personal Hygiene is the practice of keeping your whole body and your clothes clean. This includes your hair, teeth, and nails. Keeping clean will help you look good as well as prevent the spread of infection.

Use the words listed below to solve the puzzle and learn more about Personal Hygiene.

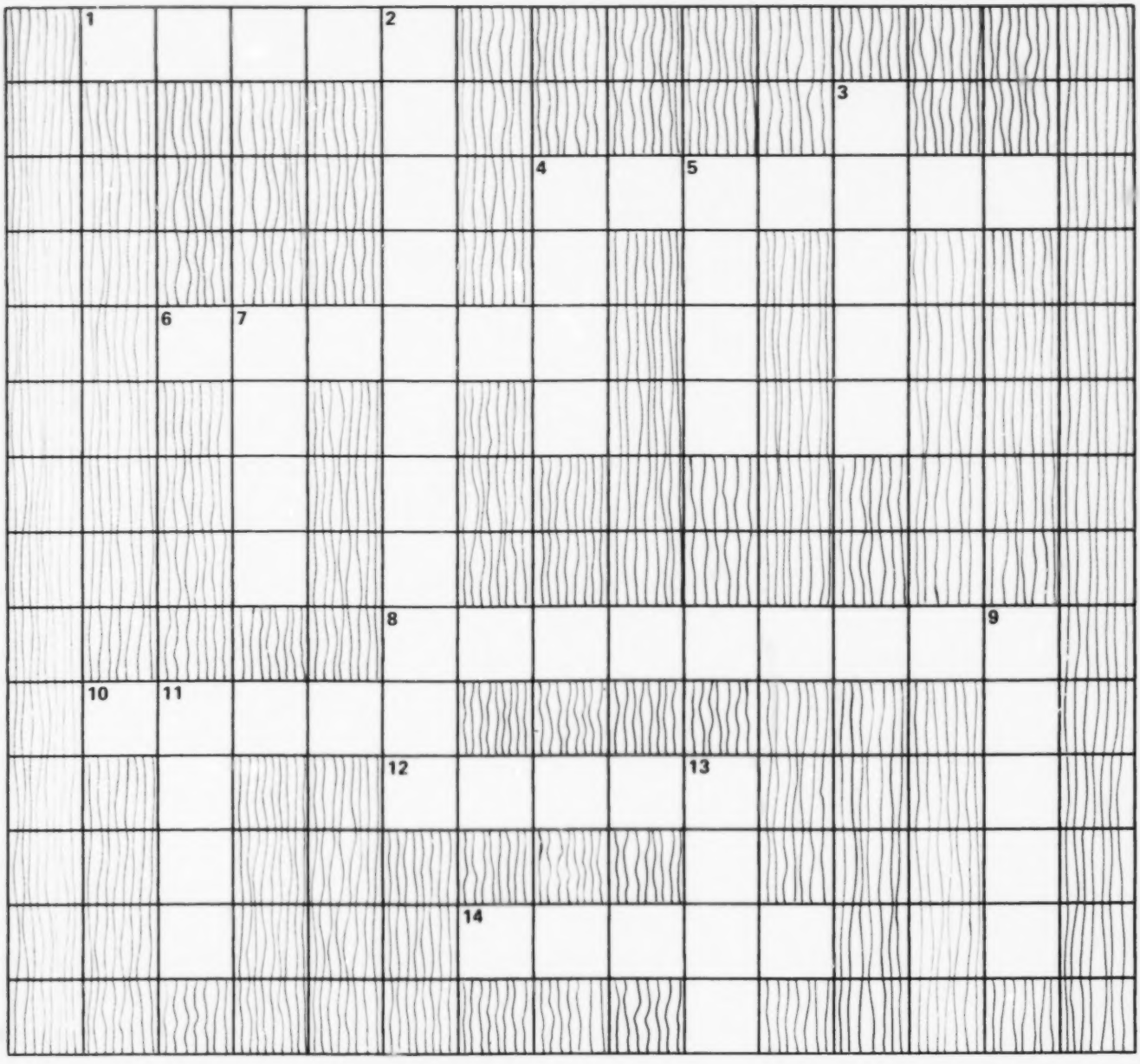
CLEAN DIRT DISEASE GERMS HAIR
HANDWASHING INFECTION LOOK NAILS SHOWER
SICK SOAP TEETH TWICE WATER

DOWN

2. Help prevent the spread of infection by _____ .
3. Wash your hands with lots of _____ and (5) _____ .
4. You wash yourself in order to get rid of the _____ on your body.
7. It is also important to keep your _____ clean, neatly combed, and suitably cut.
9. Do not bite your _____ because dirt and germs can get into your mouth.
11. When you are clean you also _____ good.
13. If too many germs get inside you, they can make you _____ .

ACROSS

1. You should brush your _____ thoroughly at least two (2) times a day.
4. Germs can cause _____ .
6. The best way to keep clean is by taking a bath or _____ .
8. Handwashing is the best way of preventing the spread of _____ .
10. After washing you will be _____ .
12. Small bugs that can cause disease are called _____ .
14. Take a bath or shower at least _____ a week, or more often as needed.



HANDWASHING IS THE SINGLE MOST IMPORTANT MEANS OF PREVENTING THE SPREAD OF INFECTION

Answers on Page 20

SELF-ESTEEM

Self-Esteem is how you feel about yourself. You will have high self-esteem when you feel good about yourself. When you do not like yourself very much, you have low self-esteem.

Self-esteem is important because:

1) People who feel good about themselves are happier.

2) People with high self-esteem have more energy.

3) People with high self-esteem usually get along better with other people.

You can improve your self-esteem by:

1) Thinking good thoughts about yourself.

2) Being cheerful and friendly.

3) Remembering you are special and important.

4) Knowing what you do well and trying to do your best.

5) Being proud when you do your best.

6) Doing things that help you relax and reduce stress — e.g. getting together with friends, reading, running.

Find the following words in the word search on the next page to learn more about self-esteem. The words run forward or downward. Circle the words.

APPROVAL COMMUNICATING COMPLIMENTS DECISION MAKING

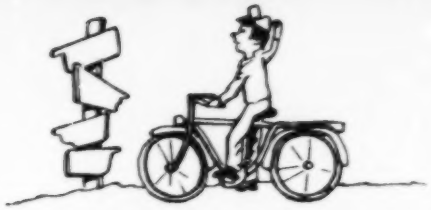
ESTEEM FEELINGS FRIENDSHIP GOAL SETTING GOOD

PEER PRESSURE PROUD RESPECT SATISFACTION

SELF SPECIAL STRESS VALUES

S	A	T	I	S	F	A	C	T	I	O	N	A	C	D
F	A	C	V	A	L	U	E	S	P	E	R	F	O	E
P	R	O	U	D	O	F	S	A	G	O	O	E	D	C
E	S	M	Z	O	A	E	T	V	O	X	R	E	A	I
E	T	M	A	S	E	N	E	S	O	R	A	L	Y	S
R	R	U	P	F	R	I	E	N	D	S	H	I	P	I
P	E	N	P	E	I	O	M	E	A	N	P	N	Y	O
R	S	I	R	E	S	T	A	W	R	E	S	G	A	N
E	S	C	O	M	P	L	I	M	E	N	T	S	L	M
S	O	A	V	A	E	I	N	O	S	P	E	C	I	A
S	O	T	A	K	C	N	G	A	P	P	O	X	O	K
U	D	I	L	I	I	G	O	S	E	L	F	A	C	I
R	X	N	U	N	A	S	A	E	C	O	M	P	L	N
E	A	G	O	A	L	S	E	T	T	I	N	G	I	G

Answers on Page 20



DECISION-MAKING

We make many decisions each day. No one has complete freedom over everything in one's life. Some decisions are made for us by others and we cannot make the decision. Some decisions are small and can be made easily. Others are more important and require us to think more carefully.

Here are some definitions to help you understand some ideas about decision-making:

Decision — The act of choosing among several possibilities. Involves obtaining information, determining values, and selecting from two or more choices.

Self Knowledge — Understanding one's abilities, interests, values, and attitudes.

Value — Something a person believes to be important. Ideas on which people act.

Critical Decision — Decisions that affect the future of the decider, are important to the decider, are difficult to resolve, and/or affect other people.

Read the nine steps that are outlined in the decision-making process:

Steps in Decision-Making

1. Know Yourself — In order to decide, you need to know what is important to you, what you are willing to give up, and what you really want to do.

2. Identify the Problem — Point out what it is you have to decide.

3. Find the Facts — Get any information you need to help you decide. Where can you go for help?

4. Redefine the Problem — Look at the new information. Now restate what the problem is (if it is different than what you first stated) and determine what needs to be done.

5. Look for Choices — Think of as many different choices as you can.

6. Predict the Results — Try to think of what might happen with each choice you would make.

7. Pick One Choice — Make the decision. What would be the best thing to do?

8. Take Action — Do what you decided to do.

9. Evaluate — How did it work? Have you made the right choice? Should you do it differently?

Read the following statements carefully and decide which step in the decision-making process best fits the statement. Put the number of that step in the blank in front of the statement.

1. ___ If I do . . . . my parents will be happy, but I won't like it. If I do . . . . I'll be happy, but my parents will be disappointed.

2. ___ I'm so happy with my decision! Everything turned out great!

3. ___ Now that I've decided, I'll begin by . . .

4. ___ The problem is that . . .

5. ___ The things that are important to me are . . .

6. ___ I'll find out what I need to know by . . .

7. ___ I guess the problem isn't . . . but rather . . .

8. ___ The best thing I could do is . . .

9. ___ I could . . . or another possibility would be . . .

Answers on Page 19

ALCOHOL

Read the following statements about alcohol and alcoholism. Circle T if you think the statement is true, or F if you think the statement is false.

1. The drug that is used most often is alcohol.
   T OR F

2. About one (1) out of every ten (10) people who drinks alcohol is likely to become an alcoholic.
   T OR F

3. Alcohol does not make people think and act differently.
   T OR F

4. How much alcohol you drink, how fast you drink it, and how much you weigh, can influence what alcohol does to your body.
   T OR F

5. Alcohol is a substance that speeds up the way the human body functions.
   T OR F

6. Many young people drink because tney don't feel good about themselves and think alcohol will make them happier.
   T OR F

7. Very few traffic accidents that result in death involve the use of alcohol.
   T OR F

8. Alcoholism is a disease that can be treated.
   T OR F

9. Children of alcoholics often feel that they are to blame for their parents' problems.
   T OR F

10. It is important to know the facts about alcohol before making the decision whether or not to drink.
    T OR F

Answers on Page 19

DRUGS

On the line to the left, write the letter of the best choice to complete the statement.

___ 1. Which of the following is the most commonly used drug in the United States?
a) marijuana b) alcohol c) cocaine d) none of these

___ 2. Most drug users make their first contact with illegal drugs:
a) accidently b) through the media c) through "pushers"
d) through their friends

___ 3. Something that is repeated until it becomes automatic (done without thinking) is a:
a) tolerance b) THC c) habit d) dependence

___ 4. Most drugs affect the user's:
a) feelings b) thoughts c) behavior d) all of these

___ 5. A drug found in some cola drinks is:
a) caffeine b) marijuana c) LSD d) OTC

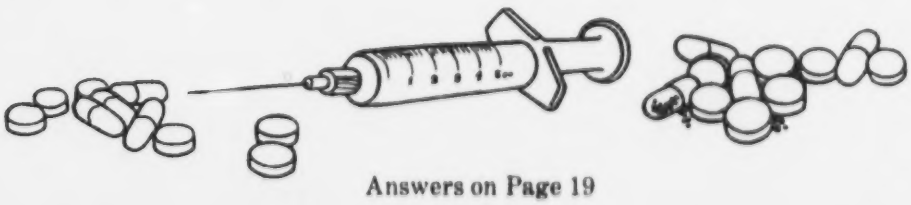
___ 6. A written order for a special medicine is a(n):
a) over-the-counter drug b) prescription c) non-prescription d) pharmacist

___ 7. A drug that is a depressant:
a) increases body activities b) is caffeine c) slows down body activities
d) none of these

___ 8. The need for a drug which results from using the drug continuously or even every so often is known as:
a) withdrawal b) tolerance c) dependence d) abuse

___ 9. Marijuana is also known as:
a) pot b) weed c) grass d) all of these

___ 10. A reason why young people may take drugs is:
a) peer pressure b) to solve their problems c) to make them feel good
d) all of these



Answers on Page 19

SMOKING

Today many people are choosing not to smoke. That is great! It is hoped that you make the same decision. While it is known that use of any kind of tobacco is harmful to a person, you should also be aware that the cigarette smoke from other people can also harm you.

Use the secret code below to fill in the blanks and find out how cigarette smoke can be harmful.

1=A 2=B 3=C 4=D 5=E 6=G 7=H 8=I 9=L

10=M 11=N 12=O 13=R 14=S 15=T 16=U 17=Z

Other people's smoke can:

1) Make your eyes $\frac{}{13}\ \frac{}{5}\ \frac{}{4}$ and $\frac{}{14}\ \frac{}{12}\ \frac{}{13}\ \frac{}{5}$ and watery.

2) Make your hair and clothes $\frac{}{14}\ \frac{}{10}\ \frac{}{5}\ \frac{}{9}\ \frac{}{9}$ bad.

3) Make you $\frac{}{3}\ \frac{}{12}\ \frac{}{16}\ \frac{}{6}\ \frac{}{7}$ and $\frac{}{14}\ \frac{}{11}\ \frac{}{5}\ \frac{}{5}\ \frac{}{17}\ \frac{}{5}$.

4) Hurt your $\frac{}{9}\ \frac{}{16}\ \frac{}{11}\ \frac{}{6}\ \frac{}{14}$.

5) Make it hard for you to $\frac{}{2}\ \frac{}{13}\ \frac{}{5}\ \frac{}{1}\ \frac{}{15}\ \frac{}{7}\ \frac{}{5}$.

6) Make you get a $\frac{}{7}\ \frac{}{5}\ \frac{}{1}\ \frac{}{4}\ \frac{}{1}\ \frac{}{3}\ \frac{}{7}\ \frac{}{5}$.

7) Make you become $\frac{}{8}\ \frac{}{13}\ \frac{}{13}\ \frac{}{8}\ \frac{}{15}\ \frac{}{1}\ \frac{}{2}\ \frac{}{9}\ \frac{}{5}$.

Answers on Page 19

NUTRITION

The four basic food groups are as follows:

1. Milk and milk products
2. Meat and meat alternates
3. Fruits and vegetables
4. Breads, cereals, and grains

In each square below write the food group number to which the food item belongs. One item contains all four food groups. Which one is it? _____

Hamburger	Swiss cheese	Muffin	Bread	Eggs
American cheese	Milk	Nuts	Pudding	Apple
Banana	Chicken	Orange	Bun	Pepperoni Pizza
Fish	Noodles	Peanut butter	Ice cream	Salad
Carrot	Tomato	Milkshake	Popcorn	Potato

Answers on Page 21

CANCER

Cancer is a word for a group of diseases each with its own name, treatment, and chance of control or cure. Cancer occurs when cells grow in a disorderly and uncontrolled manner in the body. Even though the causes are not known for sure, you may be able to reduce the chances of getting cancer by developing good health habits.

Use the words listed below to solve the puzzle and learn more about cancer.

ALIVE CANCER CELLS EXERCISING FIBER

FRUITS PREVENT REGULAR CHECK UP REST

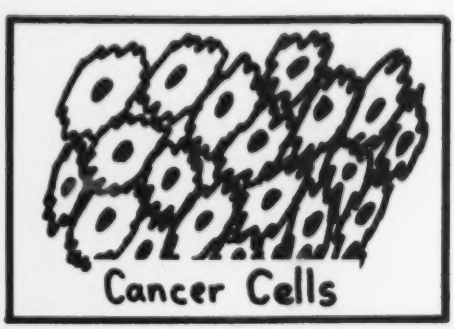
RISK FACTORS SMOKING SUNSCREEN VEGETABLES

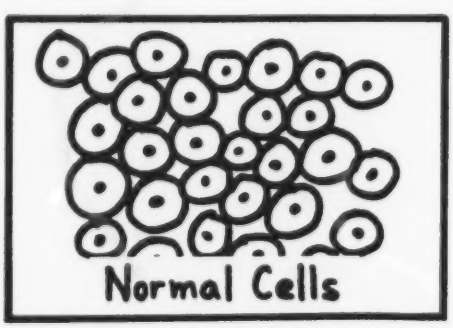
DOWN

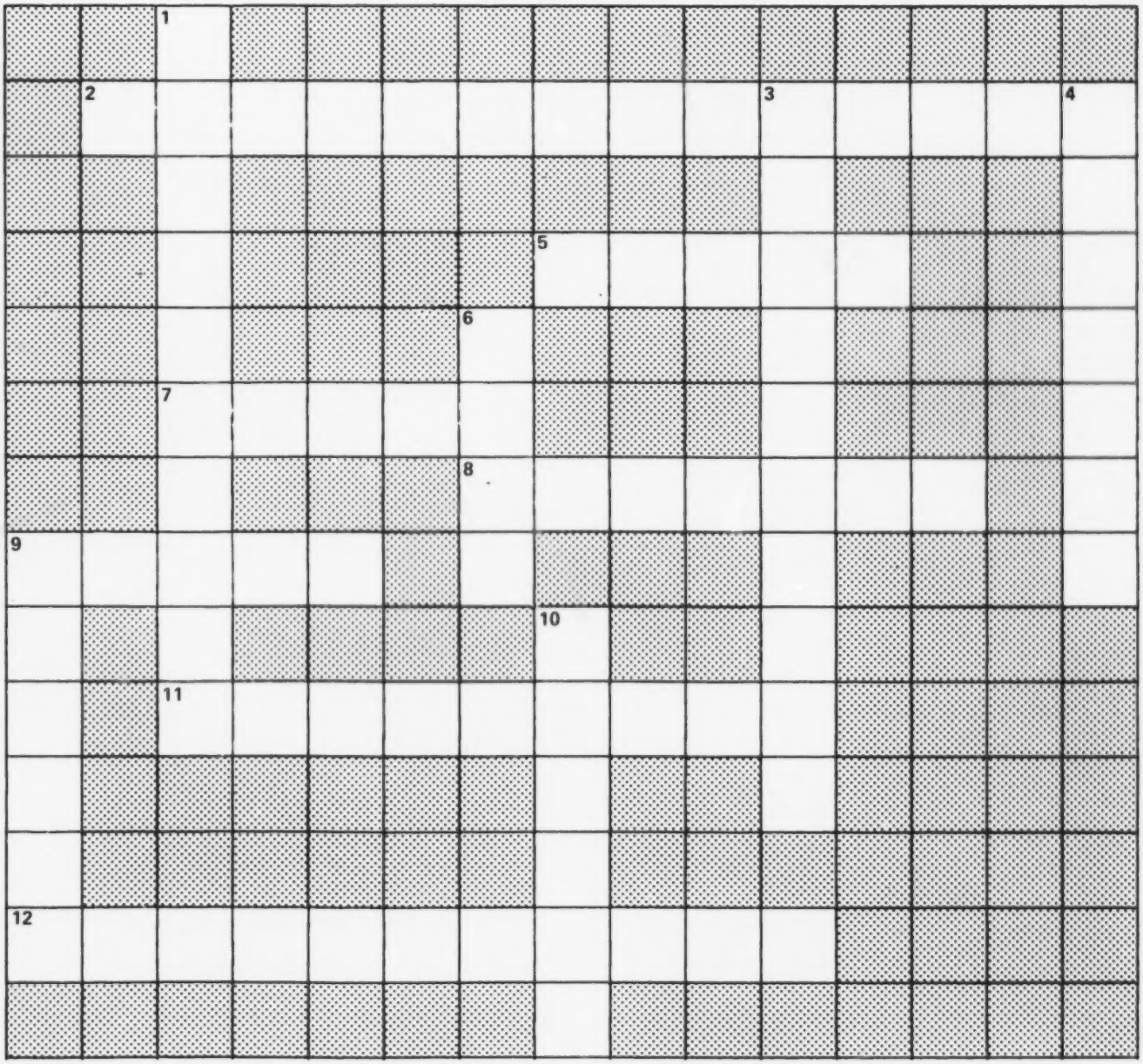
1. _____ such as broccoli and carrots help to prevent cancer.
3. You can stay trim by _____ regularly.
4. Every day you can do something to help _____ cancer.
6. It is important to get plenty of _____ in order to stay healthy.
9. _____ is not contagious.
10. Eat fresh _____ and vegetables every day.

ACROSS

2. Since many of the common cancers can be spotted early, it is important to have a _____ _____ _____ .
5. _____ in the diet from foods such as whole grain bread may also prevent cancer.
7. You will probably stay _____ longer if you eat properly and do not smoke.
8. Cigarette _____ _____ is directly related to lung cancer and other cancers.
9. Cancer: Abnormal growth of _____ .
11. Use a _____ lotion or cream to protect your skin from too much sun.
12. Be aware of certain _____ _____ that may cause cancer.







Answers on Page 21

DENTAL HEALTH

A healthy mouth is part of a healthy body. Dental decay is a sign that you do not have a healthy mouth.

Dental decay (cavities) starts when the bacteria found in plaque (a colorless film that sticks to the teeth and gums) eat the sugar from foods. The bacteria produce acid, which attacks and eats away the enamel (hard tissue covering the outside of the tooth). There are many things that you can do to reduce tooth decay.

The following list provides information on what to do in order to have a healthy mouth.

1. Fluoride is a mineral that strengthens tooth enamel to help prevent tooth decay. Many communities have fluoride in their water supply. If you do not have fluoride in the water, you can use fluoride liquid drops or tablets. It is also helpful to use fluoride toothpastes and mouthrinses at home. Some schools have a weekly fluoride mouthrinse program. When you visit your dentist for your regular check ups, the dental hygienist may apply fluoride to your teeth.

2. Good eating habits are also important for healthy teeth. Eat foods from the four basic food groups and try to limit the amount of sticky and sugary foods that you eat.

3. The rough surfaces of the molars (back teeth) have deep "valleys" or grooves which dentists call pits and fissures. Food collects here and it is often difficult for a toothbrush or fluoride rinses to reach these areas. Dental sealants, which are plastic-like coatings, are used to "seal" off these grooves and prevent tooth decay.

4. Brushing and flossing your teeth thoroughly every day will also help prevent tooth decay.

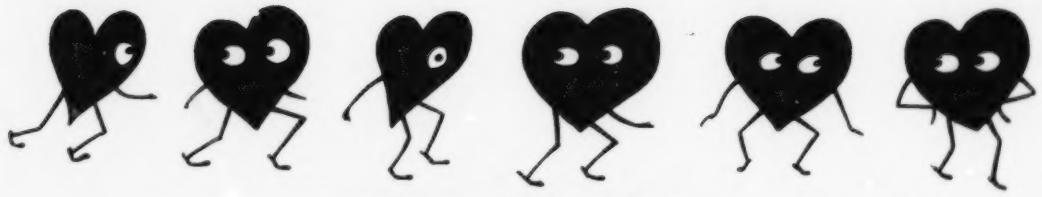
5. Visiting your dentist regularly for check ups and dental care will help you have a healthy mouth.

On the next page you will find 20 words about dental health. Find the words in the word search below. The words are listed forward, backward, upward (↑), downward (↓), or diagonally (↗ or ↘). Circle the words.

ACID CLEAN DECAY ENAMEL FIGHT FISSURES FLUORIDE
GUMS MINERALS MOUTHRINSE ORAL PITS PLAQUE PREVENT
SEALANTS SMILE TABLETS TOOTH TOOTHPASTE WATER

D	E	C	A	Y	E	P	H	Q	C	L	A	N	S	T
F	I	G	H	T	S	E	R	U	S	S	I	F	M	O
G	O	C	B	U	I	P	R	E	V	O	N	T	Y	T
A	U	R	A	P	R	E	V	E	N	T	O	S	L	H
G	T	M	O	U	T	H	R	I	N	S	E	T	Y	M
E	A	I	S	M	O	T	H	Y	R	I	O	N	T	S
M	B	N	S	T	I	P	H	O	Z	N	T	A	P	L
F	L	U	O	R	I	D	E	R	T	R	A	L	I	A
E	E	R	Y	A	C	A	L	O	E	P	A	A	S	R
N	T	A	E	A	T	O	O	T	H	Q	M	E	T	E
A	S	Q	O	L	X	I	A	R	U	L	Y	S	O	N
M	G	U	E	A	I	W	J	E	A	H	O	S	P	I
E	H	T	E	T	S	M	U	P	C	L	E	A	N	M
L	T	O	P	N	E	T	S	A	P	H	T	O	O	T

Answers on Page 22



HEART HEALTH

All of our body organs need a continuous supply of blood in order to work. The heart is a muscle which also needs blood in order to work. Many arteries supply the heart with blood. If the arteries get clogged, the blood cannot get through them. When this happens, the blood and oxygen cannot get to the heart, and the heart muscle is injured. This injury is called a heart attack. Several reasons or risk factors can influence whether or not you have a heart attack. There are many other heart related diseases that you might develop. Some common terms you might have heard are:

1) angina: chest pain that occurs when the heart does not get enough blood.

2) high blood pressure: the blood pushes too hard against the walls of the blood vessels.

3 stroke: an injury to the brain that happens when not enough blood reaches the brain.

Read the following statements. Circle T if you think the statement is true, or F if you think the statement is false.

1. Heredity, the physical and mental characteristics which parents pass on to their children, is a risk factor for heart disease that you cannot change.
   T or F

2. People who are overweight are less likely to have a heart attack than people who are slim.
   T OR F

3. When you smoke, your heart rate and blood pressure increase, and your heart has to work much harder.
   T OR F

4. Stress, the tense feeling you experience when you are afraid, angry, excited, or frustrated, also increases your heart rate and blood pressure. Learning to relax and work out this tension is good for your heart.
   T OR F

5. Eating lots of animal fat (e.g. butter and red meats) and extra calories helps your heart grow stronger.
   T OR F

6. Physical activity helps in controlling weight and strengthening the heart muscle so that it works better.
   T OR F

Answers on Page 19

SAFETY

When you are riding a bicycle or walking, it is important to know what the street signs say. Match the words with the right sign shapes.

ONE WAY

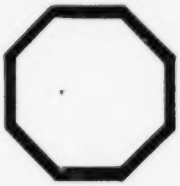
STOP

NO BICYCLES

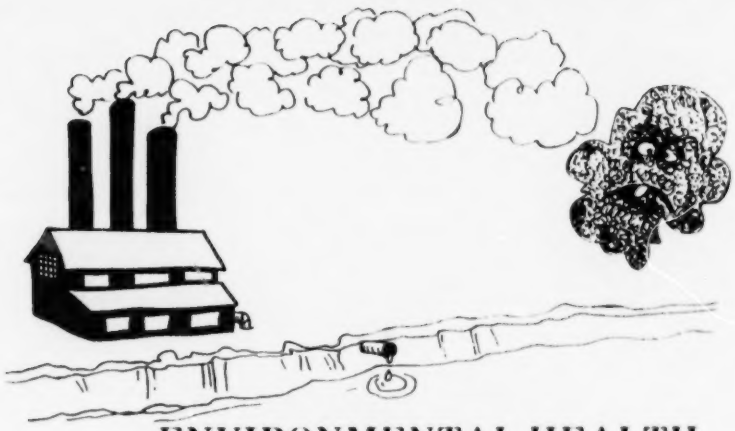
YIELD

RAILROAD
CROSSING AHEAD

SCHOOL CROSSWALK



Answers on Page 22



ENVIRONMENTAL HEALTH

The different types of pollutants (harmful substances) in the environment can affect your health. There are many important terms that you need to know in order to understand environmental health.

In order to find out more information, match the items in Column 1 with the correct phrase in Column 2. Write the letter of the correct phrase on the line to the left of Column 1.

COLUMN 1	COLUMN 2
___ 1. **environment**	a. loud noises that can be harmful
___ 2. radiation	b. a combination of smoke and fog
___ 3. conserve	c. wastewater from homes and industries
___ 4. pollution	d. everything that surrounds you
___ 5. noise pollution	e. reusing materials
___ 6. litter	f. particles given off by atoms or energy given off as light
___ 7. recycling	g. term used to describe a dirty environment
___ 8. sewage	h. a type of pollution that can harm fish
___ 9. water pollution	i. garbage that is not disposed of properly
___ 10. smog	j. use wisely

22

Answers on Page 19

ANSWERS

PAGE 1

1. CONDITION 2. FLEXIBILITY 3. CARDIO-RESPIRATORY

4. PHYSICAL ACTIVITY 5. MUSCULAR STRENGTH 6. FEEL GOOD YOURSELF

9. WARMING UP 10. COOLING DOWN

PAGE 7

1. 6 2. 9 3. 8 4. 2 5. 1 6. 3 7. 4 8. 7 9. 5

PAGE 8

1. T 2. T 3. F 4. T 5. F 6. T 7. F 8. T 9. T 10. T

PAGE 9

1. B 2. D 3. C 4. D. 5. A 6. B 7. C 8. C 9. D 10. D

PAGE 10)

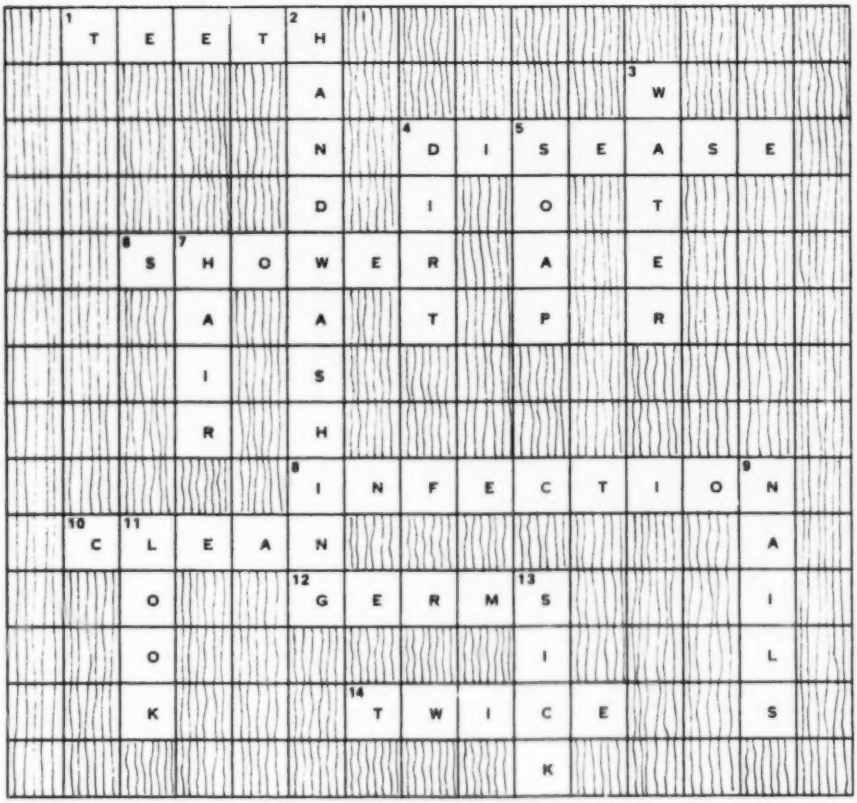
1. RED SORE
2. SMELL
3. COUGH SNEEZE
4. LUNGS
5. BREATHE
6. HEADACHE
7. IRRITABLE

PAGE 16

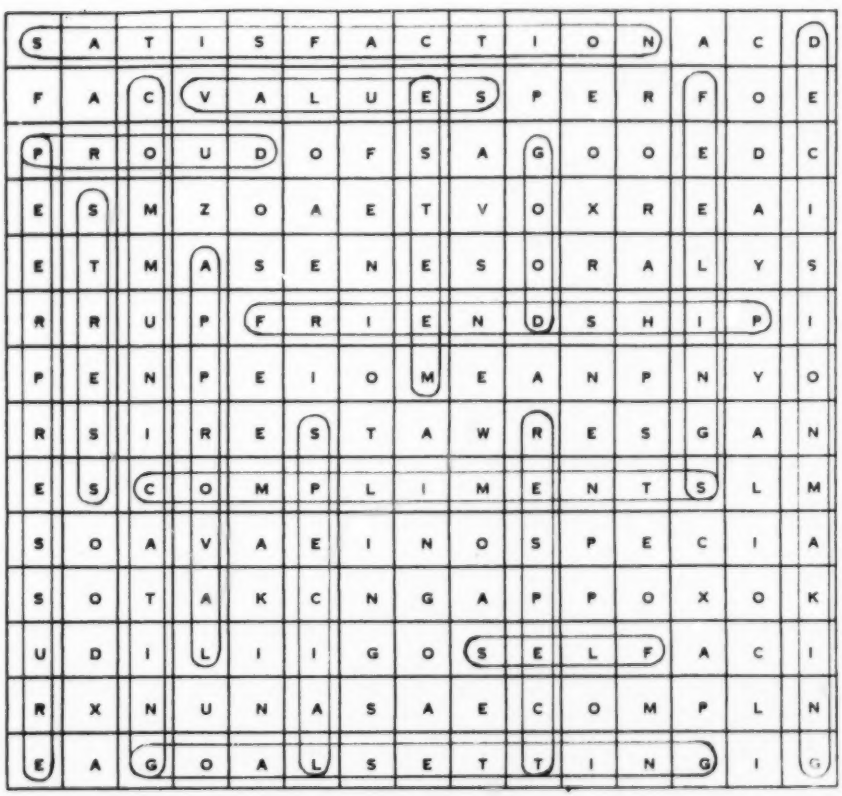
1. T 2. F 3. T 4. T 5. F 6. T

PAGE 18

1. D 2. F 3. J 4. G 5. A 6. I 7. E 8. C 9. H 10. B



Answers for Page 3


S A T I S F A C T I O N A C D
F A C V A L U E S P E R F O E
P R O U D O F S A G O O E D C
E S M Z O A E T V O X R E A I
E T M A S E N E S O R A L Y S
R R U P F R I E N D S H I P I
P E N P E I O M E A N P N Y O
R S I R E S T A W R E S G A N
E S C O M P L I M E N T S L M
S O A V A E I N O S P E C I A
S O T A K C N G A P P O X O K
U D I L I I G O S E L F A C I
R X N U N A S A E C O M P L N
E A G O A L S E T T I N G I G

Answers for Page 5

In each square below write the food group number to which the food item belongs. One item contains all four food groups. Which one is it? _ Pepperoni Pizza __

2 Hamburger	1 Swiss cheese	4 Muffin	4 Bread	2 Eggs
1 American cheese	1 Milk	2 Nuts	1 Pudding	3 Apple
3 Banana	2 Chicken	3 Orange	4 Bun	ALL Pepperoni Pizza
2 Fish	4 Noodles	2 Peanut butter	1 Ice cream	3 Salad
3 Carrot	3 Tomato	1 Milkshake	4 Popcorn	3 Potato

Answers for Page 11

		1 V											
	2 R	E	G	U	L	A	R	C	H	3 E	C	K	U	4 P
		G								X				R
		E					5 F	I	B	E	R			E
		T				6 R				R				V
		7 A	L	I	V	E				C				E
		B				8 S	M	O	K	I	N	G		N
9 C	E	L	L	S		T				S				T
A		E					10 F			I				
N		11 S	U	N	S	C	R	E	E	N				
C							U			G				
E							I							
12 R	I	S	K	F	A	C	T	O	R	S				
							S							

Answers for Page 13

D	E	C	A	Y	E	P	H	Q	C	L	A	N	S	T
F	I	G	H	T	S	E	R	U	S	S	I	F	M	O
G	O	C	B	U	I	P	R	E	V	O	N	T	Y	T
A	U	R	A	P	R	E	V	E	N	T	O	S	L	H
G	T	M	O	U	T	H	R	I	N	S	E	T	Y	M
E	A	I	S	M	O	T	H	Y	R	I	O	N	T	S
M	B	N	S	T	I	P	H	O	Z	N	T	A	P	L
F	L	U	O	R	I	D	E	R	T	R	A	L	I	A
E	E	R	Y	A	C	A	L	O	E	P	A	A	S	R
N	T	A	E	A	T	O	O	T	H	Q	M	E	T	E
A	S	Q	O	L	X	I	A	R	U	L	Y	S	O	N
M	G	U	E	A	I	W	J	E	A	H	O	S	P	I
E	H	T	E	T	S	M	U	P	C	L	E	A	N	M
L	T	O	P	N	E	T	S	A	P	H	T	O	O	T

Answers for Page 15

Answers for Page 17

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